

# EXHIBIT R



PRPQ: 11/2/23

## ISTJ Personality

- like Martin
- "Relentlessly Practical"
- Improving resilience. Post-traumatic Growth Syndrome.
- I.R. is heavy.
- ~~Depression~~ / Anxious (Anxiety comes first for her).
- one problem after another.
- June 2020 was the worst/hardest year.

- Freak out & solve things is my basic mode.

"I feel stuck"

- Not a good history w/ LDS church.
- DENNIS PACKARD.

normal God - Tracking everything & telling me what is wrong/right.

- suppressive
- shame
- guilt
- conformity

**ABSOLUTIST** mentality has harmed her.

what is the measure of what is right?  
- could

- CRITICISMS ARE N truth.

what should I do with all this fear.  
• Fear. Scared of grief.  
• Accidents.

- All the fear is getting stuck.

"I'm afraid of everything"  
nice, death, bad parenting  
too tired, lose grasp on reality. Scared of suicide.

- I need to be cause I still solving problem
- If I don't keep solving I won't want to live.